



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Knoke, Thomas

Total time: 3:06:19

Club: TSVE 1890 Bielefeld
Number: 318

Course: 55.80 km
XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 12 (of 46)
Rank in course/Men: 12 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK40

Rank in category: 6(of 13)
Best time in the category: 2:49:28

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------|-------|---------|--------|------|----------|-----|----------|-------|---------|--------|------|---------|-----|---------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Schwimmen | 0.80 | 15:42 | 19:37 | 6 | 1:57 | 14 | 3:03 | 0.80 | 15:42 | 19:37 | 14 | | | 41 |
| Rad | 45.00 | 1:59:09 | 2:38 | 9 | 12:59:09 | 19 | 12:59:09 | 45.80 | 2:14:51 | 2:56 | 13 | 15:52 | | 40 |
| Lauf | 10.00 | 51:28 | 5:08 | 2 | 0:59 | 8 | 13:51:28 | 55.80 | 3:06:19 | 3:20 | 7 | 1:28:13 | 13 | 1:28:13 |